



Skillet Chicken Parmesan

with Pasta & Spinach



30-40min



2 Servings

We're giving chicken Parmesan a minimalist makeover. We're taking out the hard work by leaving behind the flour-egg-breadcrumbs step, but obviously keeping the melted mozzarella. And unless you were looking forward to washing extra pots and pans, you'll be happy to find that all you'll need is a skillet for the chicken and a pot for the pasta.

What we send

- 6 oz gemelli ¹
- 12 oz pkg boneless, skinless chicken breasts
- 14½ oz whole peeled tomatoes
- 3¾ oz mozzarella ²
- 5 oz baby spinach
- ¾ oz Parmesan ²
- garlic

What you need

- kosher salt & ground pepper
- olive oil
- balsamic vinegar (or red wine vinegar)

Tools

- medium pot
- meat mallet (or heavy skillet)
- large (12") ovenproof skillet
- box grater or microplane

Allergens

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1000kcal, Fat 46g, Carbs 80g, Protein 69g



1. Cook pasta

Bring a medium pot of **salted water** to a boil. Add **pasta** and cook, stirring often to prevent sticking, until al dente, about 12 minutes.

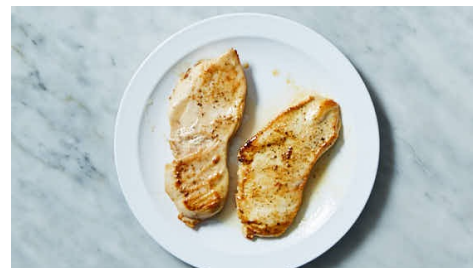
Reserve **¼ cup cooking water**, then drain pasta.



4. Prep mozzarella and Parm

Meanwhile, preheat broiler with a rack in the top position.

Thinly slice **mozzarella**. Finely grate **Parmesan**.



2. Brown chicken

Pat **chicken** dry and place between 2 sheets of plastic wrap. Use a meat mallet (or heavy skillet) to pound chicken to an even ¼-inch thickness. Season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Add chicken and cook until well-browned and just cooked through, 2-3 minutes per side. Transfer chicken to a plate.



5. Dress pasta

Once **pasta** is cooked, return to same pot and toss with **spinach**, **reserved cooking water**, **half of the Parmesan**, **2 tablespoons oil**, and **2 teaspoons vinegar**. Cook over medium heat, stirring, until spinach is wilted and water is absorbed, 2-3 minutes. Season to taste with **salt** and **pepper**.



3. Make tomato sauce

Use kitchen shears to cut **tomatoes** in can until finely chopped. Thinly slice **2 large garlic cloves**.

Heat **1 tablespoon oil** in same skillet over medium-high. Add garlic and cook, stirring, until fragrant, 30 seconds. Stir in **tomatoes**, **¼ cup water**, **1 teaspoon vinegar**, and **½ teaspoon salt**. Simmer until reduced to about 1½ cups, 8-10 minutes.



6. Finish & serve

Add **chicken** to **sauce** in skillet and turn to coat. Scatter **mozzarella** and **remaining Parmesan** over chicken. Broil on top oven rack until cheese is melted and golden brown, about 3 minutes (watch closely as broilers vary). Let sit for 2-3 minutes. Serve **chicken Parmesan** alongside **pasta** with **sauce** spooned over pasta, if desired. Enjoy!